



## CLINICAL EVALUATION OF YOGARAJ GUGGULU AND SIMHNAD GUGGULU IN THE MANAGEMENT OF AMAVATA

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### ABSTRACT

Ayurveda is one of the most ancient systems of life, health and cure. Ayurveda is a highly evolved and codified system of life and health science based on its own unique and original concept and fundamental principles. In the present era due to change in life style, diet habits leads to many health problems. One such problem is Amavata. The Therapeutic protocol in the present study includes 30 patient which was divided into 2 groups. In the study both male and female patients with irrespective of age, presenting with different clinical signs and symptoms of Amavata was taken and treated with trial drug Yograj Guggulu and Simhnad Guggulu 3 gm BD with luke warm water for a period of 21 days and condition was recorded every 10 days.

**KEYWORDS:** Yogra Guggulu, Simhnad Guggulu, Amavata, Sandhishula, sandhishotha.

### INTRODUCTION

Amavata is one of the dreadful disorders and included under the Vata Vyadhis in Ayurveda. The annual incidence rate of rheumatoid arthritis is low however the prevalence rate of the same is very high. It causes severe crippling deformities and functional disabilities. The severe pain and crippling deformities makes the patient to seek doctor's advice. Even in modern system of medicine the drug therapy for rheumatoid arthritis is empirical and is focused on following three issues.

1. Relieving the pain along with control of inflammation.
2. Improving and maintaining the function.
3. Prevention of deformity.

The disease can undergo spontaneous remission and it is difficult to forecast the outcome of the disease and it makes the evaluation of new drug is also difficult. If proper attention has not been paid the condition turns to its worse.

However none of the medicine available at present can give everlasting benefit thereby permanent remission from the symptoms. The drugs which are available as on today are only on value in achieving the symptomatic relief. But their use is restricted because of number of adverse effects attached to their usage. It is because of this reason the people are looking towards a safe and effective drug.

### Objectives of the study

- To assess the comparative efficacy of yogaraj Guggulu and Simhnad Guggulu in the management of Amavata.
- To rule out the adverse effect of the drug.

### MATERIALS AND METHODS

The study includes 30 patients in 2 groups selected from OPD and IPD of JIAR (Jammu Institute of Ayurveda and Research).

### Inclusion Criteria

- Patients having signs and symptoms of Amavata.
- Patients with Rheumatoid arthritis factor negative but having the symptoms of Amavata.

### Exclusion Criteria

- Patients with complications of RA.
- Patients in last stage of RA.
- Pregnancy and lactation.

### Criteria for Diagnosis

A special proforma was prepared incorporating all the signs and symptoms based on both Ayurvedic as well as modern descriptions. A detailed clinical history was taken initially and complete physical examination of each patient was carried out on the basis of proforma. RA factor tests, Hb%, ESR, CBC were carried out in all the patients.

**Posology**

Yog: Yograj Guggulu  
Simhnad Guggulu

Dosage: Yograj Guggulu - 3gm BD after meal.  
Simhnad Guggulu - 3gm BD after meal.  
Duration – 21 days  
Anupana - lukewarm water

**Follow up Study:** During the trial all patients were regularly analyzed in OPD after every 10 days.

**Clinical Assessment:** Most of the signs and symptoms of the disease described in Ayurvedic classics are subjective in nature. Assessment of the treatment was done on the basis of the relief in the clinical signs and symptoms of the disease. The symptoms score was calculated before and after the treatment.

**Criteria for Assessment of overall effect of therapy**

Marked Improvement - 75% to 100% relief  
Moderate Improvement - 50 to 75% relief.  
Mild Improvement – 25 to 50% relief.

**Effect of Yograj Guggulu in Group A**

Symptoms	n	Mean		Diff	% of change	SD±	S.E±	't'	P
		B.T	A.T						
Sandhi Shula	13	1.92	0.61	1.30	68	0.48	0.13	9.8	<0.001
SandhiShotha	13	0.69	0.15	0.53	77	0.51	0.14	3.7	<0.001
Sandhi graha	13	0.84	0.46	0.38	45	0.50	0.14	2.7	<0.05
Vedana	13	0.53	0.15	0.38	71	0.50	0.14	2.7	<0.05
Aangmarda	13	1.53	0.84	0.69	45	0.48	0.13	5.19	<0.001
Aruchi	13	0.84	0.46	0.38	45	0.50	0.14	2.73	<0.05
Tishna	13	0.07	0	0.07	100	0.27	0.07	1	>0.10
Gaurava	13	1.53	0.61	0.92	60	0.64	0.17	5.1	<0.001
Jwara	13	0.38	0	0.38	100	0.50	0.14	2.73	<0.05

**Effect of Simhnad Guggulu in Group B**

Symptoms	n	Mean		Diff	% of change	SD±	SE±	't'	P
		B.T	A.T						
Sandhi Shula	15	2.5	1.2	1.33	52	0.48	0.12	10	<0.001
Sandhi Shotha	15	0.73	0.33	0.4	54	0.50	0.13	3	<0.001
Sandhi Graha	15	0.93	0.06	0.86	92	0.35	0.09	9.5	<0.001
Vedana	15	0.4	0.06	0.33	83	0.48	0.12	2.64	<0.005
Aangmarda	15	1.8	0.66	1.13	62	0.51	0.13	8.5	<0.001
Aruchi	15	1.26	0.53	0.73	57	0.70	0.18	4	<0.001
Trishna	15	0.13	0	0.13	100	0.35	0.09	1.4	>0.10
Gaurava	15	0.73	0.4	0.33	45	0.72	0.18	1.7	>0.1
Jwara	15	0.6	0.13	0.46	77	0.83	0.21	2.16	<0.05

**DISCUSSION**

The trial drug had definite action in vitiated Vata and Kapha Dosha. Most of the drugs used in this formulation were Katu, tikta in Rasa and Ushna Virya which possess the antagonistic properties to that of Ama and Kapha which are the chief causative factors in RA. Because of Tikshna Ushna and Ruksha Guna pacify the vitiated Vata

No Improvement - <25% relief.

**Statistical Analysis:** The information collected on the basis of observation were analyzed by paired 't' test to evaluate were significances at different level i.e. at 0.05, 0.01 and 0.001 levels.

The obtained results were interpreted as follows

Not significant - p>0.10  
Significant - p<0.05  
Moderately Significant - p<0.01  
Highly Significant - p<0.001

**RESULTS**

After completion of the therapy of Yograj guggulu for 21 days, its effect on the clinical features was observed as presented in table. Its provide highly significant relief in Sandhi Shotha (77%) Sandhi Shula (70%), Gaurava (68%) and Aangmardh (50%) [p<0.001], effect was statically significant in Vedana [70%], Sandhi Graha [50%] Aruchi (45%) and Jwara (100%) (p<0.05).

and Kapha and do not allow the Ama to stay at the site of Pathogenesis and to create srotorodha.

Most of the drugs in the Yograj Guggulu are Agnideepaka, Pachana, Amanashana and Vatanulomana property.

Tikta Rasa adhered dosha from the Dushita srotas. Due to Srotovivronoti, Agnideepana and Pachana property of Katu Rasa helps in Strotashodhana.

#### CONCLUSION

1. Both the trial drugs are effective in the management of Amavata but Yograj guggulu is more effective than Simhnad guggulu.
2. This preparation did not impart any side effect and the given dose was well tolerated by the patient without any undesirable side effect like Nausea, Vomiting etc.

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